

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fructose (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 07:11 EDT

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
19296	Honey	339.0	1.0 cup	138.79
09298	Raisins, seedless	165.0	1.0 cup, packed	48.97
19304	Molasses	337.0	1.0 cup	43.10
09094	Figs, dried, uncooked	149.0	1.0 cup	34.17
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	28.77
09087	Dates, deglet noor	147.0	1.0 cup, chopped	28.75
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	27.01
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	21.66
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	21.58
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	21.39
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	20.57
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	19.78
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	19.78
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	18.62
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	18.62
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	18.62
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	18.29
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	17.88
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	17.56
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	17.36
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	16.21
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	16.18
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	16.15
09442	Pomegranate juice, bottled	249.0	1.0 cup	15.86
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	15.69
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	15.26
09437	Tamarind nectar, canned	251.0	1.0 cup	15.24
09144	Jackfruit, raw	165.0	1.0 cup, sliced	15.16
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	15.13

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
09434	Guanabana nectar, canned	251.0	1.0 cup	14.91
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	14.72
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	14.46
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	14.38
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	14.35
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	14.35
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	14.21
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	14.21
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	14.10
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	14.01
09436	Mango nectar, canned	251.0	1.0 cup	13.96
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	13.60
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	13.40
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	13.13
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	13.10
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	12.93
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	12.80
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	12.28
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	12.10
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	11.70
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	11.66
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	11.41
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	11.40
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	10.99
09040	Bananas, raw	225.0	1.0 cup, mashed	10.91
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	10.85
09079	Cranberries, dried, sweetened	40.0	0.25 cup	10.78
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	10.67
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	10.66
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	10.09
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	10.08
09062	Cherimoya, raw	160.0	1.0 cup, pieces	10.05
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	9.74
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	9.71
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	9.52
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	9.52

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	9.52
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	9.52
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	9.47
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	9.46
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	9.39
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	9.34
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	9.33
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	9.12
09252	Pears, raw	140.0	1.0 cup, slices	8.99
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	8.95
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	8.81
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	8.69
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	8.48
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	8.42
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	8.21
09413	Pears, raw, red anjou	126.0	1.0 small	8.16
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	7.98
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	7.90
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	7.83
09176	Mangos, raw	165.0	1.0 cup pieces	7.72
09421	Dates, medjool	24.0	1.0 date, pitted	7.67
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	7.66
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	7.41
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	7.38
09050	Blueberries, raw	148.0	1.0 cup	7.36
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	7.30
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	7.26
09334	Feijoa, raw	243.0	1.0 cup, pureed	7.17
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	7.16
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	7.16
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	7.05
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	7.02
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	7.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	6.86
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	6.79
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	6.70

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	6.70
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	6.66
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	6.65
09004	Apples, raw, without skin	110.0	1.0 cup slices	6.63
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	6.59
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	6.57
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	6.51
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	6.46
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	6.45
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	6.43
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	6.18
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	6.05
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	5.99
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	5.95
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	5.95
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	5.79
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	5.74
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.70
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	5.69
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	5.55
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	5.55
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	5.55
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	5.55
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	5.46
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	5.45
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	5.45
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	5.45
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	5.45
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	5.44
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	5.44
09226	Papayas, raw	145.0	1.0 cup 1" pieces	5.41
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	5.39
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	5.35
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	5.35

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	5.30
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	5.26
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	5.25
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	5.24
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	5.21
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	5.20
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	5.19
09326	Watermelon, raw	154.0	1.0 cup, balls	5.17
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5.09
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	5.07
09279	Plums, raw	165.0	1.0 cup, sliced	5.07
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	5.04
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	5.03
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	5.03
09423	Prune puree	36.0	2.0 tbsp	4.99
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	4.88
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	4.83
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	4.80
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	4.80
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	4.79
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	4.70
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	4.69
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	4.68
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	4.68
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	4.64
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	4.60
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	4.52
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	4.52
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	4.38
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	4.37
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	4.37
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	4.34
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	4.34
09427	Abiyuch, raw	114.0	0.5 cup	4.33
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	4.32
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	4.32

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	4.21
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	4.18
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	4.16
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	4.09
11549	Tomato products, canned, sauce	245.0	1.0 cup	4.09
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	4.09
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	4.07
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	4.05
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	4.02
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	4.01
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	3.96
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	3.96
09084	Currants, red and white, raw	112.0	1.0 cup	3.95
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	3.95
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	3.93
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.93
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	3.87
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	3.86
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	3.84
19912	Sweetener, syrup, agave	6.9	1.0 tsp	3.84
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	3.81
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	3.78
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	3.78
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	3.78
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	3.76
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	3.76
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	3.71
09316	Strawberries, raw	152.0	1.0 cup, halves	3.71
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	3.70
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	3.69
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	3.68
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	3.55
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	3.54
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	3.53
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	3.50

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	3.48
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	3.48
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.46
09042	Blackberries, raw	144.0	1.0 cup	3.46
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	3.42
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	3.37
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	3.36
21270	TACO BELL, Taco Salad	533.0	1.0 item	3.36
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	3.34
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.31
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	3.31
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	3.31
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	3.31
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	3.29
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	3.28
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	3.26
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	3.26
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	3.25
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	3.23
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	3.23
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	3.23
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	3.23
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	3.20
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	3.20
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	3.18
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	3.18
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	3.16
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	3.15
14287	Beverages, Lemonade, powder	18.0	1.0 serving	3.15
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	3.14
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	3.14
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	3.14
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	3.14
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	3.14
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	3.12
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	3.11

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	3.09
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	3.09
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	3.08
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	3.06
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	3.02
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.00
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	2.99
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	2.99
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	2.98
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.96
36036	Restaurant, family style, onion rings	259.0	1.0 serving	2.95
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	2.93
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	2.92
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	2.91
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	2.91
09302	Raspberries, raw	123.0	1.0 cup	2.89
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	2.89
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	2.88
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	2.88
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	2.88
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	2.88
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	2.88
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	2.87
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	2.86
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	2.85
11693	Tomatoes, crushed, canned	121.0	0.5 cup	2.83
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	2.81
21127	Fast foods, coleslaw	191.0	1.0 cup	2.75
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	2.74
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	2.74
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	2.73
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	2.73
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	2.73
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	2.72
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	2.70
09152	Lemon juice, raw	244.0	1.0 cup	2.68

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	2.68
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	2.66
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	2.66
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	2.66
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2.64
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	2.63
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	2.62
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	2.62
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	2.62
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	2.61
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	2.61
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	2.61
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	2.59
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	2.59
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	2.57
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	2.57
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	2.57
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	2.57
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	2.56
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	2.55
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.54
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	2.54
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	2.53
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	2.53
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	2.53
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	2.51
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	2.50
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	2.50
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	2.47
21251	BURGER KING, Cheeseburger	133.0	1.0 item	2.46
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	2.45
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	2.45
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	2.44
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	2.44
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	2.43
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	2.43

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	2.43
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	2.42
06150	Sauce, barbecue	17.0	1.0 tbsp	2.41
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	2.39
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	2.38
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	2.37
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.36
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	2.36
09236	Peaches, yellow, raw	154.0	1.0 cup slices	2.36
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	2.36
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	2.36
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	2.35
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	2.33
11435	Rutabagas, raw	140.0	1.0 cup, cubes	2.25
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	2.24
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	2.24
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	2.23
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	2.19
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	2.19
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	2.18
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	2.17
36028	DENNY'S, coleslaw	91.0	1.0 serving	2.16
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	2.14
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	2.12
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.08
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.08
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	2.07
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	2.07
11282	Onions, raw	160.0	1.0 cup, chopped	2.06
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	2.06
36031	DENNY'S, onion rings	166.0	1.0 serving	2.06
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2.06
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	2.04
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	2.02
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.02

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	2.02
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	2.02
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	2.00
09191	Nectarines, raw	143.0	1.0 cup slices	1.96
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.96
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	1.92
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	1.89
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	1.87
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.85
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	1.85
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	1.84
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	1.81
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	1.81
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	1.81
21508	WENDY'S, Crispy Chicken Sandwich	126.0	1.0 sandwich	1.80
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	1.80
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	1.79
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	1.78
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	1.77
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	1.77
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.76
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.75
21416	POPEYES, Coleslaw	120.0	1.0 package	1.73
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	1.72
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	1.71
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	1.70
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	1.68
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	1.67
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	1.67
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	1.67
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	1.67
22971	Potato salad with egg	125.0	0.5 cup	1.64
21420	KFC, Coleslaw	112.0	1.0 package	1.62
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	1.62
28348	Rolls, dinner, sweet	30.0	1.0 roll	1.62
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	1.61

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	1.61
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	1.60
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	1.59
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	1.57
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.54
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.54
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.54
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	1.52
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	1.52
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	1.51
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1.50
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	1.50
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	1.48
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	1.48
11949	Catsup, low sodium	17.0	1.0 tbsp	1.48
11935	Catsup	17.0	1.0 tbsp	1.48
09160	Lime juice, raw	242.0	1.0 cup	1.48
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	1.47
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	1.47
09021	Apricots, raw	155.0	1.0 cup, halves	1.46
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	1.45
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	1.45
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	1.43
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	1.43
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	1.42
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	1.42
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	1.41
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	1.41
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	1.41
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.39
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.39
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1.37
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1.37
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	1.37
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	1.37
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.36

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	1.34
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	1.34
11011	Asparagus, raw	134.0	1.0 cup	1.34
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.33
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.33
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	1.32
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.32
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1.29
11109	Cabbage, raw	89.0	1.0 cup, chopped	1.29
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	1.29
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	1.29
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	1.28
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	1.27
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	1.27
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	1.27
11209	Eggplant, raw	82.0	1.0 cup, cubes	1.26
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	1.26
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	1.25
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.24
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	1.24
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	1.24
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	1.22
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.22
09433	Clementines, raw	74.0	1.0 fruit	1.21
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	1.21
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	1.20
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	1.19
02069	Vinegar, balsamic	16.0	1.0 tbsp	1.18
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	1.16
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	1.16
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.16
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	1.15
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	1.14
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	1.14
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	1.14

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	1.13
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	1.13
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.13
28288	Bread, roll, Mexican, bolillo	98.0	1.0 piece	1.13
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	1.11
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	1.11
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	1.11
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	1.10
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	1.10
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	1.09
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.09
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.08
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	1.07
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	1.07
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	1.07
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	1.07
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	1.07
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.06
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.06
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	1.06
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.06
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	1.05
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	1.04
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	1.04
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	1.04
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	1.03
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	1.02
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	1.02
16112	Miso	17.0	1.0 tbsp	1.02
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	1.01
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	1.01
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.01
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	1.01
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	1.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	1.00
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	1.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.99
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.99
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.98
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.98
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.98
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.97
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.96
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.95
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.95
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.94
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.94
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.94
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.93
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.92
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.92
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.92
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.92
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.91
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.91
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.91
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.91
20142	Teff, uncooked	193.0	1.0 cup	0.91
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.90
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.90
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.89
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.89
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.88
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.87
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.87
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.87
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.87
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.86
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.86
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.86
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.86
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.86

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.86
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.85
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.85
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.84
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.84
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.83
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.83
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.82
11429	Radishes, raw	116.0	1.0 cup slices	0.82
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.82
11098	Brussels sprouts, raw	88.0	1.0 cup	0.82
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.82
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.82
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.81
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.81
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.81
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.80
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.80
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.78
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.78
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.78
09446	Plantains, green, fried	118.0	1.0 cup	0.78
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.78
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.78
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.77
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.77
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.77
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.77
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.76
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.76
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.76
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.76
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.76
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.76
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.76
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.76

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
18967	Bread, white wheat	28.0	1.0 slice	0.76
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.74
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.74
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.73
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.73
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.73
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.73
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.72
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.72
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.72
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.72
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.72
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.72
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.71
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.71
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.71
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.71
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.70
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.70
11124	Carrots, raw	128.0	1.0 cup chopped	0.70
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.70
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.70
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.70
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.70
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.69
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.69
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.69
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.69
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.68
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.68
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.68
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.68
18064	Bread, wheat	29.0	1.0 slice	0.68
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.66
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.66
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.66

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.66
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.66
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.66
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.65
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.65
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.65
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.65
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.64
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.64
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.64
36030	DENNY'S, hash browns	124.0	1.0 serving	0.63
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.63
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.63
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.62
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.62
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.62
11090	Broccoli, raw	91.0	1.0 cup chopped	0.62
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.62
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.62
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.61
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.61
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.61
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.61
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.61
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.61
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.60
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.60
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.60
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.60
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.60
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.59
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.59
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.59
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.59
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.58
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.58

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.58
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.58
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.57
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.57
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.57
09428	Rowal, raw	114.0	0.5 cup	0.57
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.57
11278	Okra, raw	100.0	1.0 cup	0.57
11304	Peas, green, raw	145.0	1.0 cup	0.57
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.56
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.56
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.56
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.55
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.55
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.54
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.54
01069	Cream substitute, powdered	94.0	1.0 cup	0.54
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.54
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.53
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.53
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.53
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.52
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.52
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.52
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.52
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.52
16069	Lentils, raw	192.0	1.0 cup	0.52
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.52
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.50
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.50
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.50
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.50
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.50
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.50
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.50
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.49

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.49
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.49
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.49
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.48
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.48
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.48
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.48
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.47
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.47
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.47
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.46
27064	Wasabi	20.0	1.0 tablespoon	0.46
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.46
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.46
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.45
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.45
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.44
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.44
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.43
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.43
36610	DENNY'S, french fries	165.0	1.0 serving	0.43
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.43
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.42
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.42
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.42
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.42
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.42
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.42
20140	Spelt, uncooked	174.0	1.0 cup	0.42
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.41
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.41
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.41
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.41
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.41
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.40

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.40
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.40
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.40
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.40
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.40
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.40
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.39
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.38
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.38
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.38
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.38
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.38
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.38
11143	Celery, raw	101.0	1.0 cup chopped	0.37
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.37
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.37
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.37
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.36
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.36
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.36
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.36
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.36
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.36
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.35
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.35
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.35
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.35
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.35
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.35
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.34
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.34
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.34
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.34
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.34
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.33
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.33

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.33
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.33
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.33
20089	Wild rice, cooked	164.0	1.0 cup	0.33
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.33
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.33
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.32
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.32
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.32
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.32
35147	Tamales (Navajo)	186.0	1.0 piece	0.32
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.31
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.30
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.30
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.30
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.30
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.30
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.29
20063	Rye flour, dark	128.0	1.0 cup	0.29
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.29
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.29
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.29
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.28
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.28
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.28
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.28
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.28
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.28
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.28
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.27
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.27
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.27
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.27
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.27
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.27
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.27

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.27
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.27
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.27
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.27
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.27
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.26
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.26
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.26
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.26
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.26
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.26
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.25
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.25
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.25
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.25
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.24
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.24
20060	Rice bran, crude	118.0	1.0 cup	0.24
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.24
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.24
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.23
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.23
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.23
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.23
27066	Sauce, horseradish	5.6	1.0 tsp	0.23
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.22
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.22
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.22
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.22
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.22
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.22
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.21
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.21
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.21
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.21
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.21

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.21
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.21
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.21
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.21
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.21
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.20
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.20
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.20
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.20
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.20
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.20
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.20
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.20
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.20
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.20
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.20
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.19
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.19
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.19
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.19
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.19
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.19
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.19
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.19
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.19
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.19
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.19
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.19
20062	Rye grain	169.0	1.0 cup	0.19
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.18
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.18
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.18
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.18
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	0.18
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.18
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.18

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.18
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.18
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.18
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.18
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.18
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.18
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.17
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.17
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.17
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.17
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.17
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.17
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.17
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.17
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.17
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.17
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.17
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.16
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.16
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.16
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.16
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.16
12061	Nuts, almonds	143.0	1.0 cup, whole	0.16
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.16
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.15
02028	Spices, paprika	2.3	1.0 tsp	0.15
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.15
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.15
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.15
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.15
11960	Carrots, baby, raw	15.0	1.0 large	0.15
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.15
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.14
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.14
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.14
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.14

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.14
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.14
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.14
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.14
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.14
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.14
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.14
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.13
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.13
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.13
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.13
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.13
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	0.13
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.13
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	0.13
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.12
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.12
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.12
20064	Rye flour, medium	102.0	1.0 cup	0.12
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.12
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.12
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.12
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.12
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.12
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.12
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.12
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.12
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.12
02009	Spices, chili powder	2.7	1.0 tsp	0.12
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.12
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.12
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.12
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.11
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.11
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.11
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.11

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.11
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.11
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.11
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.11
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.10
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.10
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.10
19353	Syrups, maple	20.0	1.0 tbsp	0.10
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.10
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.10
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.10
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.10
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.10
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.10
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.10
01057	Eggnog	254.0	1.0 cup	0.10
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.10
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.10
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.10
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.10
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.10
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.10
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.09
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.09
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.09
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.09
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.09
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.09
20065	Rye flour, light	102.0	1.0 cup	0.09
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.09
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.09
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.09
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.09
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.09
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.09
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.09

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.09
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.09
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.09
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.09
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.08
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.08
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.08
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.08
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.08
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.08
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.08
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.08
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.08
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.08
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.08
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.08
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.08
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.07
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.07
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.07
11658	Spinach souffle	136.0	1.0 cup	0.07
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.07
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.07
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.07
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.06
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.06
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.06
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.06
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.06
01225	Dulce de Leche	19.0	1.0 tbsp	0.06
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.06
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.06
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.06
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.06
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.06
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.06

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.06
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.06
18214	Crackers, cheese, regular	14.2	0.5 oz	0.05
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.05
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.05
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.05
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.05
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.05
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.05
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.05
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.05
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.05
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.05
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.05
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.05
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.05
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.05
11457	Spinach, raw	30.0	1.0 cup	0.04
02048	Vinegar, cider	14.9	1.0 tbsp	0.04
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.04
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.04
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.04
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.04
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.04
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.04
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.04
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.04
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.04
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.04
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.04
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.04
02026	Spices, onion powder	2.4	1.0 tsp	0.04
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.04
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.04
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.04

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.04
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.04
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.04
21129	Fast foods, hush puppies	22.0	1.0 piece	0.04
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.04
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.04
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.04
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.04
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.04
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.04
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.04
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.04
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.04
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.04
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.03
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.03
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.03
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.03
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.03
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.03
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.03
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.03
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.03
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.03
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.03
02021	Spices, ginger, ground	1.8	1.0 tsp	0.03
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.03
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.03
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.03
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.03
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.03
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.03
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.03
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.03
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.03
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.03

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.03
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.03
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.03
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.02
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.02
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.02
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.02
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.02
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.02
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.02
01124	Egg, white, raw, fresh	33.0	1.0 large	0.02
02011	Spices, cloves, ground	2.1	1.0 tsp	0.02
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.02
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.02
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.02
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.02
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.02
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.02
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.02
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.02
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.02
02015	Spices, curry powder	2.0	1.0 tsp	0.02
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.02
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.02
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.01
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.01
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.01
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.01
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.01
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.01
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.01
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.01
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.01
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.01
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.01
18360	Taco shells, baked	12.9	1.0 shell	0.01

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.01
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.01
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.01
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.01
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.01
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.01
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.01
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.01
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.01
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.01
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.01
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.01
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.01
02020	Spices, garlic powder	3.1	1.0 tsp	0.01
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.01
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.01
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.01
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.01
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.01
02033	Spices, poppy seed	2.8	1.0 tsp	0.01
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.01
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.01
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.01
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.01
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.01
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.01
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.00
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.00
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.00
02029	Spices, parsley, dried	0.5	1.0 tsp	0.00
02044	Basil, fresh	2.5	5.0 leaves	0.00
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
07007	Bologna, beef	30.0	1.0 slice	0.00
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.00
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.00
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.00
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.00
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.00
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.00
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.00
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.00
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.00
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.00
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.00
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.00
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.00
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.00
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.00
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.00
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.00
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.00
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.00
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	0.00
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.00
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.00
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.00
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.00
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.00
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.00
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.00
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.00
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.00
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.00
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.00
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.00
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.00
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.00
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.00
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.00
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.00
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.00
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.00
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.00
18235	Crackers, whole-wheat	28.0	1.0 serving	0.00
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.00
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.00
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.00
21268	TACO BELL, Nachos	80.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.00
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.00
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.00
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.00
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.00
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.00
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.00
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.00
19335	Sugars, granulated	2.8	1.0 serving packet	0.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.00
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.00
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.00
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.00
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.00
01040	Cheese, swiss	132.0	1.0 cup, diced	0.00
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.00
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.00
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.00
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.00
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.00
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.00
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.00
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.00
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.00
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.00
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.00
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.00
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.00
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.00
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.00
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.00
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.00
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.00
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.00
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.00
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.00
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.00
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.00
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.00
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.00
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.00
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.00
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.00
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.00
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.00
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.00
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.00
07951	Scrapple, pork	17.0	1.0 cubic inch	0.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.00
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.00
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.00
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.00
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.00
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.00
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.00
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.00
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.00
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.00
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.00
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.00
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.00
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.00
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.00
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.00
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.00
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.00
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.00
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.00
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.00
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.00
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.00
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.00
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.00
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.00
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.00
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.00
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.00
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	0.00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.00
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.00
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.00
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.00
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.00
19908	Sugar, turbinado	4.6	1.0 tsp	0.00
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.00
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.00
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.00
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.00
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.00
07971	Bologna, meat and poultry	33.0	1.0 slice	0.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.00
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.00
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.00
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.00
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00
21249	BURGER KING, french fries	74.0	1.0 small serving	0.00
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.00
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.00
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.00
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.00
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.00
20647	Millet flour	119.0	1.0 cup	0.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.00
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.00
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.00
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.00
21142	Fast food, biscuit	55.0	1.0 biscuit	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.00
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.00
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.00
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.00

NDB_No	Description	Weight(g)	Measure	Fructose(g) Per Measure
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.00
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.00
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.00
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.00
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.00
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.00
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.00
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.00
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.00
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.00
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.00